

IT'S IMPORTANT
That you should use the greatest care in the selection of the BEER you drink.

Culmbacher

is the BEER to drink; every ingredient used in it is the best that money can buy. It is a pure BEER, rich with nutriment and beautiful properties. Try it. 24 pps. or 12 qts. for \$1.25. Delivered in unlettered wagons.

Washington Brewery Co.
4th & E Sts. N. E. Phone 2154.
By 20 a. m. to 10 p. m.

Granola
For Morning and Noon and Night

Not a soft pasty food—
not a harsh singed grain.

A thoroughly cooked food.
Makes the blood doubly rich.

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Table and Kitchen.
Practical Suggestions About What to Eat and How to Prepare Food.

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Blackberry Flummery.
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Beat two ounces of butter to a cream with one cup of powdered sugar; then work in gradually one egg yolk, the juice of an orange, a little grated nutmeg and two tablespoons of brandy or sherry, if you like. Beat well. When done, add the whites of the eggs beaten to a stiff froth, set on ice to harden.

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Two cups of flour, two tablespoons of baking powder, half a teaspoonful of salt. Sift all together. Beat two eggs separately, add a cup of milk and the beaten yolks and stir slowly into the flour. Then add half a cup of butter melted so it will just run, but not oily. Beat thoroughly, then mound pans or tins with the eggs. Fill little muffin pans with the mixture. Bake in a shallow shallow pudding dishes. If these are for breakfast, do not add sugar.

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Make the same as the above, but cook the fruit a little longer and put through a sieve to remove the seeds. Make it stiff with cornstarch, adding six level tablespoons of cornstarch instead of four.

Blackberry Cakes.
These are nice for breakfast or lunch. Measure three cups of sifted flour, add three tablespoons of baking powder, a heaping tablespoonful of sugar and a teaspoonful of salt; sift well together; beat one egg until light; add one and a half cups of milk. Make a well in the center of the flour and mix with a spoon, stirring in the flour. In this way you can keep the batter smooth. Make its consistency of cake batter. Melt two level tablespoons of butter and stir into the batter; then two cups of flour blueberries. Bake in little custard cups or muffin rings, allowing a little longer time than for plain muffins. Blackberries are nice used in this way.

Huckleberry Spider Cake.
Pick over, wash and drain a quart of berries; when quite dry dredge